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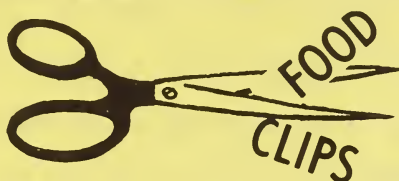
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Food and Home Notes

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"Braise" means to cook meat or poultry slowly in steam from meat juices or added liquid trapped and held in a covered pan. Meat may be browned in a small amount of fat before braising, according to USDA home economists.

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Rock Cornish game hens can be cooked like broiler or fryer chickens. Small ducks are also suitable for broiling or frying, but larger ones should be roasted or cooked on a rotisserie.

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If you need one cup of buttermilk or sour milk for baking and don't have it -- you can substitute a cup of fluid whole milk plus one tablespoon of vinegar or lemon juice.

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You may use 7/8ths of a cup of vegetable or animal shortening plus 1/2 teaspoon salt instead of a cup of butter or margarine for baking.

ON BUILDING A POND

A practical way to supply water for recreation, fire protection, fish production, livestock, and many other uses is to build a pond, according to the Soil Conservation Service of the U.S. Department of Agriculture. It's not only a practical idea but one that could add a lot of charm to your property.

There are two kinds of man-made ponds--embankment ponds and excavated ponds. An "embankment" pond is one in which water is impounded behind an earth embankment, or where a dam is built across a watercourse. Embankment ponds generally are suited to areas where slopes range from gentle to steep and where the watercourse is deep enough that water in the ponded area is at least six feet deep.

An excavated pond is the simplest to build and the only kind that can be built economically on nearly level land. It has the advantage of exposing a minimum amount of surface area in proportion to its volume.

FOOD PRESERVATION —

...To have a good garden that yields high quality produce such factors as sunlight, soil, moisture, pest management, and plant varieties must be considered.

What kind of ground is needed to start a garden? Ground for your garden should not be too wet or subject to flooding or runoff from adjoining land. It should not be shaded by large trees such as willows or cottonwoods.

Will plants grow in poor soil? Don't try it. Plants don't grow in soil that is so poor that even weeds won't grow or where there is rubble and unweathered subsoil or land fill material.

Where should a garden be planted? Ideally, it should be convenient to the home. Plan the garden in advance and know where the various vegetables will be planted. Select the varieties that are adapted and can be successful in your area.

Should all the leaves or grass clippings be removed from the garden? No, on the contrary use leaves or grass clippings to mulch between the rows to reduce weeding and conserve moisture. These materials will help maintain the organic matter content of the soil. Old newspapers, several papers thick laid between vegetable rows and covered with grass clippings, leaves, etc. is an effective mulch.

Is rotating the soil important? Yes, do rotate the location of vegetables in the garden each year as this helps control diseases and insects and is beneficial to the soil.

Should the soil be tested before we put in our garden? A soil test should be made about every three years (check with your county agent on this). It will indicate the amounts of fertilizers, lime, or organic matter needed.

What are "cool season" vegetables? Cool season vegetable crops can stand a little frost and generally should be planted one to three weeks before the last spring frost occurs. Onions, radishes, lettuce, garden peas and spinach are in this group. Other cool season vegetables that can be planted before the last spring frost are potatoes, carrots, beets, swiss chard, cabbage, broccoli and cauliflower.

AND HOME GARDENING

With limited gardening space, what kind of produce food will provide the most nutrition? Good choices would be carrots, onions, beets, broccoli, cabbage, winter squash, spinach, snap beans, cauliflower, and tomatoes. Radishes, lettuce, and garden peas add a pleasant variety to meals but provide less nutrition for the space they use.



Does home gardening pay off moneywise? No, for a family with fair to good income, the cost of seed, fertilizer, freezing containers and freezer cost might not balance out. A low income family with free time and the use of a half acre vegetable garden may manage with an adequate supply of vegetables for most of the year. However--there are other non-money benefits--Higher quality vegetables, better diet, satisfaction of growing your own vegetables as a hobby or for recreation. It may also be a family project, according to specialists at Texas A & M University.

Remember -- harvest vegetables when they are in the prime of condition --beans when they snap and are not stringy, peas when they are sweet and before they become starchy and the pod shows signs of drying, and zucchini squash in the summer when it is about five to seven inches long.

---Your Local County Extension Agent will have information to help home gardeners in all of these areas, according to Robert A. Wearne, Horticulturist, Extension Service, U.S. Department of Agriculture.

COST OF FOOD AT HOME FOR A WEEK (February)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$25.60	\$32.40	\$39.40
Elderly couple.....	20.90	26.90	32.10
Family of 4 with preschool children.....	37.10	47.00	56.60
Family of 4 with elementary school children.....	43.10	54.80	66.60
Individuals*			
Women			
20-34 years.....	10.80	13.70	16.30
35-54 years.....	10.30	13.20	15.70
55 years and over.....	8.70	11.30	13.40
Men			
20-34 years.....	12.50	15.80	19.50
35-54 years.....	11.60	14.70	17.70
55 years and over.....	10.30	13.20	15.80
Children			
1-2 years.....	6.30	7.90	9.40
3-5 years.....	7.50	9.60	11.40
6-8 years.....	9.10	11.60	14.40
9-11 years.....	10.70	13.70	16.40
Girls 12-19 years.....	11.50	14.80	17.60
Boys 12-19 years.....	13.40	17.30	20.60

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

COMMENTS AND INQUIRIES TO:

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